

**A TIP ABOUT  
SECONDHAND  
SMOKE**

# ***SECONDHAND SMOKE TRIGGERS SEVERE ASTHMA ATTACKS.***

**Jamason  
High School Student  
Kentucky**

When Jamason was 16, secondhand smoke triggered such a severe asthma attack, he was hospitalized for four days. If you or someone you know wants free help to quit smoking, call **1-800-QUIT-NOW.**

#CDCTips



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention  
[www.cdc.gov/tips](http://www.cdc.gov/tips)